



A part of UPMC Senior Communities
Managed by Presbyterian SeniorCare Network

This Week at Sherwood Oaks - March 29-April 4, 2026 The Audio Bulletin Board 8489

Sunday, March 29

Bus to Local Churches - Check bulletin board & Channel 950 for times

- 2:00 pm Chapel Service - Card Room
Rev. David Park
- 3:00 pm Sit & Fit Strength Class - Channel 950

Monday, March 30

- 8:15 am Bus to Passavant Cranberry
- 9:00 am **NO** - PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Costco/Walmart/Passavant Main &
Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 11:00 am Mindful Stretch - Cran. Lake Fit. Ctr.
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/
Passavant Cranberry & Main Campus
- 1:30 pm Continued Learning Presents: *Jno Hunt* ~
Falstaff - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 6:30 pm Monday Night Bridge - Lobby
- 6:30 pm Bingo! (until 7:30) - Auditorium

Tuesday, March 31

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry, Passavant
Cranberry & Pittsburgh/Oakland
- 10:00 am Tai Chi - Cranberry Lake Fitness Center
- 10:00 am Continued Learning: *The Amazon River* ~
Channel 950
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 12:00 pm Granny's Attic Annex #156 (until 2:30pm)
- 1:00 pm Ladies' Pool - Pool Table Room
- 1:00 pm Rummikub - Lobby
- 1:00 pm *Irish Celebration with Steel Clover &
Company* ~ Auditorium
- 1:30 pm Swim Pool Committee - Sherwood Mtg. Rm.
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 2:00 pm Backgammon - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center

Wednesday, April 1 *April Fool's Day*

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:00 am **NO** - PC, Laptop, Tablet, Smartphone
Help - Computer Room
- 9:30 am Bus to Passavant/Cranberry & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Passavant/Cranberry, 228 Mall &
Cranberry Twp. Municipal Building

Wednesday, April 1 (Continued)

- 1:00 pm Hand Bell Practice - Auditorium
- 2:00 pm Bus to Passavant/Cranberry & 228 Mall
- 2:30 pm Indoor Games - Cran. Lake Fitness Ctr.
- 2:30 pm Chorus Practice - Auditorium
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Knitting with Mary - Lobby

Thursday, April 2

Maundy Thursday

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic (until 2:30pm)
Sign Sheet is Posted in Mailroom!
- 9:30 am Bus to Passavant Cranberry/Passavant
Main & Cranberry Mall
- 10:00 am Line Dancing - Cran Lake Fit. Ctr.
- 11:00 am Stretch & Stability - Cran Lake Fit Ctr.
- 1:00 pm Bus to Passavant Cranberry/Passavant
Main & Streets of Cranberry
- 1:00 pm Men's Pool - Pool Table Room
- 1:00 pm Mah Jongg - Lobby
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:00 pm Pickleball Clinic - Cran Lake Fitness Center
- 3:30 pm Continued Learning: *The Amazon River* ~
Channel 950
- 4:00 pm Aquacize - Swimming Pool
- 4:00 pm *Maundy Thursday Communion Service* ~
Auditorium

Friday, April 3

Good Friday

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Ladies Pickleball - Cran. Lake Fitness Ctr.
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry
& Passavant Main
- 10:00 am Tai Chi - Cran. Lake Fitness Ctr.
- 11:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall
Passavant Main & Passavant Cranberry
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 4:00 pm *Good Friday Tenebrae Service* - Auditorium

Saturday, April 4

- 9:00 am Mixed Pickleball League - Cran Lake Fitness Ctr.
- 9:30 am Bus to Ross Park Mall
- 10:30 am *Musical Recital featuring Derek Wolfe
and Marcus Welch* ~ Auditorium
- 12:30 pm Rummikub - Lobby
- 3:00 pm Sit & Fit Strength Class - Channel 950
- 3:25 pm **NO** - Bus to St. Ferdinand Church



SUNDAY 3/29/2026	MONDAY 3/30/2026	TUESDAY 3/31/2026	WEDNESDAY 4/1/2026	THURSDAY 4/2/2026	FRIDAY 4/3/2026	SATURDAY 4/4/2026
**choose (1) Chicken Noodle Soup Cream of Broccoli Soup choose (1)	**choose (1) Potato Leek Chowder BW Shrimp and Corn Soup choose (1)	**choose (1) Italian Wedding Soup Yankee Bean choose (1)	**choose (1) Split Pea Soup Beef Noodle Soup choose (1)	**choose (1) Chili Chicken Florentine Soup choose (1)	**choose (1) Vegetarian Vegetable Soup New England Clam Chowder choose (1)	**choose (1) Cream of Tomato Soup Chicken Vegetable Soup choose (1)
Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)	Mixed Green Salad Iceberg Salad Prune Cup choose (1)
Rotisserie Chicken Rack of Lamb Crab Cake CF - Blueberry Pancakes choose (3)	BeWell Baked Cod Ham & Pineapple Fried Chicken Sandwich CF - Chili Cheese Hot Dog choose (3)	BeWell Vegetable Quiche Cranberry Chicken Pork & Sauerkraut CF - Swai Vera Cruz choose (3)	Vegetable Lasagna Fried Shrimp Black & Bleu Steak Medallions CF - Chicken Piccata choose (3)	BeWell Baked Orange Roughy Turkey Devonshire Italian Meatballs CF - Hot Italian Sausage choose (3)	BeWell Apricot Chicken Cheese Ravioli Pork Schnitzel CF - New England Baked Haddock choose (3)	Stuffed Pork Chop Flounder Amandine Lamb Stew CF - Fried Chicken choose (3)
Baked Potato Fresh Asparagus Sliced Carrots AA Mashed Potato AA Baked Potato	Wild Rice Pilaf Balsamic Roasted Brussels Sprouts Butternut Squash AA Mashed Potatoes AA Baked Potato	Mashed Potatoes Green Beans Cauliflower AA Mashed Potato AA Baked Potato	Seasoned Potato Wedges Succotash Button Mushrooms AA Mashed Potato AA Baked Potato	Angel Hair Marinara Buttered Green Peas Baked Tomato Half AA Mashed Potato AA Baked Potato	German Potato Salad Sautéed Zucchini Creamed Corn AA Mashed Potato AA Baked Potato	Home Fried Potatoes Vegetable Medley Roasted Beets AA Mashed Potato AA Baked Potato
choose (1) Scones choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Breadsticks choose (1)	choose (1) Cornbread choose (1)	choose (1) Assorted Dinner Roll choose (1)	choose (1) Assorted Dinner Roll choose (1)
Lemon Meringue Pie German Chocolate Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Tiramisu Apple Cranberry Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Caramel Apple Cake Triple Chocolate Cheesecake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Peach Pie Bananas Foster Sundae Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Gingerbread Cake w/Whipped Cream Wild Berry Lemon Pie Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Dutch Apple Pie Mississippi Mud Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day	Oreo Dessert Bar Carrot Cake Apple, Banana, or Orange Fresh Fruit Cup Cookie of the Day

Vegetable of the Week - Sweet & Sour Purple Cabbage

Hershey's Hand Scooped Ice Cream: Options change daily

**Choices to be made for delivery. No Substitutions. If picking up in café or eating in dining room, meal includes 1 soup and the salad bar.

Drinks available for pick-up or delivery: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Pepsi, Diet Pepsi, Mt. Dew,

Diet Mt. Dew, Ginger Ale, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

CF notes the Chef's Feature of the day.

AA = Always Available (ask your server for the complete AA menu).

BW denotes the Be Well recipe option of the day.

Large Printed Menus are available on request. Call Jesse at #8505

Main Dining Room

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - 10:30am-4:30pm

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6:30 pm